

USDA National Nutrient Database for Standard Reference Release 28

Full Report (All Nutrients) 03007, Babyfood, meat, pork, strained

Report Date: October 27, 2015 12:21 EDT

Nutrient values and weights are for edible portion.

Food Group : Baby Foods

Fat Factor: 9.02 Protein Factor: 4.27 Nitrogen to Protein Conversion Factor: 6.25

| Nutrient | Unit | 1 Value Per 100 g | Data points | Std. Error | 1 oz 28.35g | 1 jar 71g |
|--------------------------------|------|-------------------------|----------------|------------|----------------|--------------|
| Proximates | | | | | | |
| Water | g | 78.40 | 18 | 0.300 | 22.23 | 55.66 |
| Energy | kcal | 124 | -- | -- | 35 | 88 |
| Energy | kJ | 518 | -- | -- | 147 | 368 |
| Protein | g | 14.00 | 12 | 0.100 | 3.97 | 9.94 |
| Total lipid (fat) | g | 7.10 | 12 | 0.200 | 2.01 | 5.04 |
| Ash | g | 1.10 | 16 | 0.000 | 0.31 | 0.78 |
| Carbohydrate, by difference | g | 0.00 | -- | -- | 0.00 | 0.00 |
| Fiber, total dietary | g | 0.0 | -- | -- | 0.0 | 0.0 |
| Sugars, total | g | 0.00 | -- | -- | 0.00 | 0.00 |
| Minerals | | | | | | |
| Calcium, Ca | mg | 5 | 16 | 0.000 | 1 | 4 |
| Iron, Fe | mg | 1.00 | 17 | 0.050 | 0.28 | 0.71 |
| Magnesium, Mg | mg | 10 | 1 | -- | 3 | 7 |
| Phosphorus, P | mg | 94 | 2 | -- | 27 | 67 |
| Potassium, K | mg | 223 | 1 | -- | 63 | 158 |
| Sodium, Na | mg | 42 | 6 | 2.000 | 12 | 30 |
| Zinc, Zn | mg | 2.27 | 4 | 0.102 | 0.64 | 1.61 |
| Copper, Cu | mg | 0.072 | 3 | 0.005 | 0.020 | 0.051 |
| Selenium, Se | µg | 12.9 | 3 | 1.160 | 3.7 | 9.2 |
| Vitamins | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.8 | 10 | 0.100 | 0.5 | 1.3 |
| Thiamin | mg | 0.146 | 12 | 0.005 | 0.041 | 0.104 |
| Riboflavin | mg | 0.203 | 12 | 0.008 | 0.058 | 0.144 |

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 1 oz 28.35g | 1 jar 71g |
|------------------------------------|------|------------------|-------------|------------|-------------|-----------|
| Niacin | mg | 2.269 | 11 | 0.044 | 0.643 | 1.611 |
| Pantothenic acid | mg | 0.272 | -- | -- | 0.077 | 0.193 |
| Vitamin B-6 | mg | 0.205 | 15 | -- | 0.058 | 0.146 |
| Folate, total | μg | 2 | 3 | 0.300 | 1 | 1 |
| Folic acid | μg | 0 | -- | -- | 0 | 0 |
| Folate, food | μg | 2 | 3 | 0.300 | 1 | 1 |
| Folate, DFE | μg | 2 | -- | -- | 1 | 1 |
| Vitamin B-12 | μg | 0.99 | 1 | -- | 0.28 | 0.70 |
| Vitamin B-12, added | μg | 0.00 | -- | -- | 0.00 | 0.00 |
| Vitamin A, RAE | μg | 11 | -- | -- | 3 | 8 |
| Retinol | μg | 11 | -- | -- | 3 | 8 |
| Carotene, beta | μg | 0 | -- | -- | 0 | 0 |
| Carotene, alpha | μg | 0 | -- | -- | 0 | 0 |
| Cryptoxanthin, beta | μg | 0 | -- | -- | 0 | 0 |
| Vitamin A, IU | IU | 38 | -- | -- | 11 | 27 |
| Lycopene | μg | 0 | -- | -- | 0 | 0 |
| Lutein + zeaxanthin | μg | 0 | -- | -- | 0 | 0 |
| Vitamin E (alpha-tocopherol) | mg | 0.40 | -- | -- | 0.11 | 0.28 |
| Vitamin E, added | mg | 0.00 | -- | -- | 0.00 | 0.00 |
| Lipids | | | | | | |
| Fatty acids, total saturated | g | 2.400 | 1 | -- | 0.680 | 1.704 |
| 4:0 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 6:0 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 8:0 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 10:0 | g | 0.000 | 1 | -- | 0.000 | 0.000 |
| 12:0 | g | 0.000 | 1 | -- | 0.000 | 0.000 |
| 14:0 | g | 0.080 | 1 | -- | 0.023 | 0.057 |
| 16:0 | g | 1.530 | 1 | -- | 0.434 | 1.086 |
| 18:0 | g | 0.720 | 1 | -- | 0.204 | 0.511 |
| Fatty acids, total monounsaturated | g | 3.580 | 1 | -- | 1.015 | 2.542 |
| 16:1 undifferentiated | g | 0.230 | 1 | -- | 0.065 | 0.163 |
| 18:1 undifferentiated | g | 3.270 | 1 | -- | 0.927 | 2.322 |
| 20:1 | g | 0.070 | 1 | -- | 0.020 | 0.050 |

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 1 oz 28.35g | 1 jar 71g |
|------------------------------------|------|------------------|-------------|------------|-------------|-----------|
| 22:1 undifferentiated | g | 0.000 | -- | -- | 0.000 | 0.000 |
| Fatty acids, total polyunsaturated | g | 0.780 | 1 | -- | 0.221 | 0.554 |
| 18:2 undifferentiated | g | 0.690 | 1 | -- | 0.196 | 0.490 |
| 18:3 undifferentiated | g | 0.030 | 1 | -- | 0.009 | 0.021 |
| 18:4 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 20:4 undifferentiated | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 20:5 n-3 (EPA) | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 22:5 n-3 (DPA) | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 22:6 n-3 (DHA) | g | 0.000 | -- | -- | 0.000 | 0.000 |
| Cholesterol | mg | 48 | -- | -- | 14 | 34 |
| Amino Acids | | | | | | |
| Tryptophan | g | 0.136 | -- | -- | 0.039 | 0.097 |
| Threonine | g | 0.617 | -- | -- | 0.175 | 0.438 |
| Isoleucine | g | 0.680 | -- | -- | 0.193 | 0.483 |
| Leucine | g | 1.127 | -- | -- | 0.320 | 0.800 |
| Lysine | g | 1.158 | -- | -- | 0.328 | 0.822 |
| Methionine | g | 0.398 | -- | -- | 0.113 | 0.283 |
| Cystine | g | 0.154 | -- | -- | 0.044 | 0.109 |
| Phenylalanine | g | 0.570 | -- | -- | 0.162 | 0.405 |
| Tyrosine | g | 0.510 | -- | -- | 0.145 | 0.362 |
| Valine | g | 0.702 | -- | -- | 0.199 | 0.498 |
| Arginine | g | 0.948 | -- | -- | 0.269 | 0.673 |
| Histidine | g | 0.447 | -- | -- | 0.127 | 0.317 |
| Alanine | g | 0.879 | -- | -- | 0.249 | 0.624 |
| Aspartic acid | g | 1.310 | -- | -- | 0.371 | 0.930 |
| Glutamic acid | g | 2.133 | -- | -- | 0.605 | 1.514 |
| Glycine | g | 0.760 | -- | -- | 0.215 | 0.540 |
| Proline | g | 0.747 | -- | -- | 0.212 | 0.530 |
| Serine | g | 0.541 | -- | -- | 0.153 | 0.384 |
| Other | | | | | | |
| Alcohol, ethyl | g | 0.0 | -- | -- | 0.0 | 0.0 |
| Caffeine | mg | 0 | -- | -- | 0 | 0 |
| Theobromine | mg | 0 | -- | -- | 0 | 0 |